



# SYMBIOSIS

## INTERNATIONAL UNIVERSITY

(ESTABLISHED UNDER SECTION 3 OF THE UGC ACT 1956, BY NOTIFICATION No.F.9-12/2001-U3 GOVERNMENT OF INDIA)

ACCREDITED BY NAAC WITH "A" GRADE

Date: 24 June 2015

### UNIVERSITY SPORTS BOARD

#### International Day of Yoga at Symbiosis International University

Symbiosis organized International Day of Yoga on 21<sup>st</sup> June to celebrate the initiative started by Prime Minister Shri. Narendra Modi. Yoga is a 6000+ year old physical, mental and spiritual practice having its origin in India; it aims to transform body and mind.

This day was declared to raise awareness about yoga all over the world.



Yoga day was celebrated all over the world on 21<sup>st</sup> June. With two Guinness World Records established, it was celebrated in India with a bang.

Symbiosis marked its celebration by announcing the opening of Symbiosis Centre for Yoga, a Centre dedicated to promote the practice of Yoga. It was inaugurated by Padma Vibhushan Dr. K.H. Sancheti, founder President of Sancheti hospital with Padma Bhushan Dr. S.B.Mujumdar, Chancellor, SIU, Mrs. Sanjeevani Mujumdar, Member Managing Committee, Dr. Vidya Yeravdekar, Principal Director, Symbiosis & Dr. Rajani Gupte, Vice-Chancellor, SIU presiding over the function.

The session started with a welcome address by Dr. Rajiv Yeravdekar followed by Dr. Mujumdar welcoming the chief guest Dr. K.H. Sancheti. Dr. Sancheti delivered an inspiring and arousing speech to promote Yoga and its importance amongst the Symbiosis students and the Symbiosis School students.



Students from Lavale hill top as well as the Lavale hill base along with the symbiosis school students and International students were present for the event. More than a 1200 students and staff, along with all the Directors and other dignitaries were present for the event. Even the rains, which were a persistent threat to the event as it was held outdoors, could not deter their spirits, to perform yoga. Indoor arrangements in badminton hall, table tennis hall, and multipurpose hall were also made to counter heavy rains. Dr. Unkule along with his team conducted the yoga session. A total of 21 yoga asanas (postures) were performed.

University Sports Board (USB) and Recreation and Wellness Centre (RWC) had organized the event, right from the planning and organizing of the event to its execution.

The preparation and planning for the International Day of Yoga started a month earlier with the USB and RWC conducting yoga training sessions for all of its trainers.



Practice sessions were also conducted for the students and trainers before the main event.



## **Participation:**

Participating in the event were the symbiosis family members including students, faculty and staff of the following constituent institutes;

- Symbiosis International University (SIU)
- Symbiosis Center of Health Care (SCHC)
- Symbiosis Institute of Technology (SIT)
- Symbiosis Institute of Media & Communication - Pune (SIMC-PG)
- Symbiosis Institute of Business Management (SIBM)
- Symbiosis School of Banking & Finance (SSBF)
- Symbiosis Institute of Telecom Management (SITM)
- Symbiosis Centre for International Education (SCIE)
- Symbiosis School of Photography (SSP)
- Symbiosis School, Prabhat Road

A total of 600 staff members and 600 students participated in the event; the total number of participation was approximately 1200.

The first International Day of Yoga was historic in many ways as a first of its kind event, as it helped in promoting the importance of yoga amongst the younger generation and also helped in making people understand the importance of health and wellness. The celebration of International Day of Yoga was the combined team effort and support of the entire team of USB and RWC who worked for the success of this event. Not forgetting the Doctors of SCHC for providing medical help and the Campus Administrator of hill top campus; Symbiosis School of Photography and the security in-charge.

We at USB and RWC are looking forward to successfully organizing many such events in the future.



## Glimpses of International Day of Yoga:



Arrival of chief guests.



Opening of Symbiosis Centre of Yoga



**Felicitation of Padma Vibhushan Dr. K. H. Sancheti  
by  
Padma Bhushan Dr. S. B. Mujumdar**



**Students of  
Symbiosis Secondary School Practicing Yoga**



**Students of  
Lavale Campus Practicing Yoga**



**Students of  
Lavale Campus Practicing Yoga**





**Students of  
SCIE (International Students) Practicing Yoga**



**Staff of SYMBIOSIS  
Practicing Yoga**



**GLIMPSES OF INTERNATIONAL DAY OF YOGA CELEBRATED AT OFF CAMPUSES OF SYMBIOSIS**

**Staff of SYMBIOSIS Practicing Yoga**





Staff of SYMBIOSIS  
Practicing Yoga  
**@ Bangalore  
Campus**



Staff of SYMBIOSIS  
Practicing Yoga  
**@ Hyderabad  
Campus**



Staff of SYMBIOSIS  
Practicing Yoga  
**@ SIOM  
Nasik  
Campus**



Staff of SYMBIOSIS Practicing Yoga  
**@ Viman Nagar Campus**



USB & RWC Staff along with Dr. Rajiv Yeravdekar

**Dr. Ashish Phulkar**  
Dy. Director PE, SIU